

decrease a person's risk of developing CAD (step 527). The user is then queried whether the user gets his or her recommended daily allowance (RDA) of folate, vitamin B6, and vitamin B12 (step 528). If the user does not get the RDA of 5 these vitamins, the user is advised that there is link between a decreased risk of developing CAD and these vitamins (step 529). The user is queried whether the user consumes an aspirin a day (step 530). If the user does not consume an aspirin a day, the user is advised of the benefits of taking 10 an aspirin a day (531).

15 Next, the user is prompted to enter his or her level of exercise (step 532). The level of exercise is, for example, none, low, medium, or active. The user is then queried whether the user has entered a formal exercise program (step 533) and whether the user follows American Heart Association guidelines (step 534).

20 Next, the user is prompted to enter his or her current level of stress, depression or hostility (step 535). The level of stress is, for example, none, low, moderate or severe. Then, the user is queried whether the user has entered a formal stress reduction program (step 536).

25 The user is then queried if the user is on a weight loss diet (step 538) and taking weight loss medication (step 539). If the user is a first time user, the medical history section is implemented. If the user is a follow-up user, the user is prompted to select another section to update or indicate that 30 the user is finished updating (step 540).

35 Next, the user's medical history is collected and stored, for example, in a medical history database. Referring to Figure 5C, the user is prompted to enter his or her systolic and diastolic blood pressure and is advised whether his or her blood pressure is a risk factor (step 541). The user is also queried whether the user is being treated for hypertension

(step 542). Next, the user is queried whether the user has diabetes mellitus (step 543). If the user has diabetes, then the user is prompted to enter, if known, his or her blood fasting sugar (step 544). Next the diabetic user is queried 5 whether the user is taking insulin, hypoglycemics or neither insulin nor hypoglycemics (step 545). If the diabetic user is taking insulin the user is prompted to enter his or her NPH and/or regular dose (a.m. and p.m.) (Step 546).

10 Steps 547-551 are performed only for female users. The female user is queried whether she has finished menopause (step 548). The female user is also queried whether her ovaries have been removed (steps 549-550). If the female user has finished menopause and/or had her ovaries removed, then the user is queried whether she is receiving hormone replacement (step 551).

15 Referring to Figure 5D, steps 552-570 determine whether a user has CAD. The user is queried whether the user has known CAD (step 552). If the user has known CAD, then it is stored that the user has CAD (step 553). Next, the user is queried whether the user has ever had a heart attack (step 554). If the user has had a heart attack, then in the user is prompted to enter the date of the most recent heart attack occurred 20 (step 555). If the heart attack occurred within the last 2 months, then the heart attack is stored as a CAD recent event (step 558). If the heart attack did not occur within the last two months, then it is stored as a CAD remote event (step 557).

25 Next, the user is queried whether the user has ever had coronary artery bypass surgery (step 559). If the user has had coronary artery bypass surgery, then the user is prompted to enter the date that the user had the surgery (step 560). 30 If the surgery took place within the last six months, then it is identified as a "CAD recent event" (step 563). If the coronary artery bypass surgery did not take place within the

last six months, then the surgery is identified as a "CAD remote event" (step 562). Finally, if the user that has had coronary artery bypass surgery, then the user is queried which type of conduit, such as left internal mammary artery, right 5 internal mammary artery, vein graft, or radial artery, was used (step 564).

Next, the user is queried whether the user has had angioplasty (step 565). If the user has had angioplasty, then the user is 10 prompted to enter the date of the angioplasty (step 566). If the user has had angioplasty within the last 2 months, then the angioplasty is stored as a CAD recent event (step 569). If the user did not have the angioplasty within the last 2 months, then the angioplasty is stored as a CAD remote event 15 (step 568). Finally, a user who has had angioplasty is queried whether a stent was used (step 570).

Referring now to Figure 5E, the user is queried regarding 20 peripheral vascular disease in steps 571-580. First, the user is queried whether the user has ever had a stroke (step 571), carotid artery disease (step 573), carotid artery surgery (step 575), claudication (step 577), or bypass or angioplasty on his or her leg or abdominal arteries (step 579). If the user has had any of these conditions or procedures, it is 25 recorded as peripheral vascular disease (steps 572, 574, 576, 578, 580). Next, the user is queried whether the user has left ventricular hypertrophy on his or her electrocardiogram ("ECG") (step 581). Then, the user is prompted to enter his or her homocysteine level and lipoprotein level, if known 30 (steps 582-583). Based on these levels, the user is advised whether these levels are risk factors.

In steps 584-585, the user is queried regarding his or her 35 family history. First, the user is queried whether the user has a family history of premature coronary artery disease (step 584). Next, the user is queried whether family members have had heart attacks or died suddenly, and the age of those